

2001 California Dietary Practices Survey

Cross Tab 64: Eating out Compared to Consumption of Fruits and Vegetables, High Fiber Foods, Dairy Products, and High Fat Food Intake

Base: Out of everyone, unless indicated

Out of Home Eating	Mean Servings of Fruits and Vegetables Eaten ¹
No Meals Eaten Out	4.0 ^c
Yes, not fast food	3.9 ^{bc}
Yes, fast food	3.2 ^a

Out of Home Eating	Percent having No whole grain bread, beans, or high fiber
No Meals Eaten Out	34
Yes, not fast food	36
Yes, fast food	45
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Out of Home Eating	Percent having whole/2% milk (out of milk drinkers) ²
No Meals Eaten Out	65
Yes, not fast food	57
Yes, fast food	74
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Out of Home Eating	Percent having any milk ²
No Meals Eaten Out	57
Yes, not fast food	52
Yes, fast food	54
Out of Home Eating	Percent having cheese ²
No Meals Eaten Out	43
Yes, not fast food	54
Yes, fast food	68

Out of Home Eating	Percent having deep fried fat foods, like french fries, fried chicken, chicken nuggets, fried shrimp, or onion rings ²
No Meals Eaten Out	9
Yes, not fast food	19
Yes, fast food	54

Out of Home Eating	Percent having fried snack foods, like potato chips, corn chips, cheese puffs, pork rinds, or other fried snack foods ²
No Meals Eaten Out	21
Yes, not fast food	20
Yes, fast food	35

Out of Home Eating	Percent having high fat sweets/desserts, like cake, pie, cookies, brownies, or chocolate candy bars ²
No Meals Eaten Out	37
Yes, not fast food	47
Yes, fast food	49

Out of Home Eating	Percent having frozen dairy desserts, like frozen yogurt, ice cream, or soft serve ²
No Meals Eaten Out	14
Yes, not fast food	14
Yes, fast food	12
Out of Home Eating	Percent "always" or "sometimes" using butter, margarine, or mayonnaise on your bread or tortillas ²
No Meals Eaten Out	64
Yes, not fast food	65
Yes, fast food	80

Out of Home Eating	Percent having any breakfast pastries like doughnuts, danish, sweet rolls, muffins, croissants, or poptarts ²
No Meals Eaten Out	13
Yes, not fast food	17
Yes, fast food	19
	*

Categories sharing a common superscript (a, b, c) are not statistically different from each other.
Chi square test:

* p<.05

** p<.01

*** p<.001